

Greek Yogurt Parfait

Get some extra omega-3s from the walnuts in this recipe.



Wash and chop your fruit and chop your walnuts the night before for an easy breakfast the next morning.

Ingredients:

- 1 cup fat-free plain Greek yogurt, divided
- 1/2 cup blueberries
- 2 Tablespoons chopped walnuts
- 1 Tablespoon ground flaxseed
- 1 cup sliced strawberries

Preparation:

In a tall glass, layer 1/2 cup Greek yogurt, blueberries, 1 Tablespoon of walnuts and then the ground flaxseed. On top of that, layer the remaining Greek yogurt and strawberries. Top with the remaining walnuts.

Nutrition Facts

Yield 1 serving

Amount Per Serving

Calories 328

Fat 13 g

Saturated fat 1 g

Cholesterol 0 mg

Protein 23 g

Carbohydrates 35 g

Fiber 8 g

Sodium 85 mg

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Recipe Source: myOptumHealth



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